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Special Appeal For Prayers

In his Friday Sermon of August 23, 2024, Hazrat Khalifatul Masih V (May Allah be his Helper) instructed us to recite the following prayers to remain within the fortress of Divine protection, safe from Satanic onslaughts:

سُبْحَانَ اللّٰهِ وَبِحَمْدِهٖ سُبْحَانَ اللّٰهِ الْعَظِيمِ اللّٰهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَآلِ مُحَمَّدٍ

Translation: *Holy is Allah with His praise, Holy is Allah the Great, O Allah, bless Muhammad and the people of Muhammad*

(200 Times Daily for age 25+, 100 Times Daily for ages 15-25, 33 Times Daily for children and 3-4 Times Daily for small children

اَسْتَغْفِرُ اللّٰهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَاَتُوْبُ اِلَيْهِ

Translation: *I seek forgiveness from Allah, my Lord, for all my sins, and turn to Him.*

(100 Times Daily)

رَبِّ كُلُّ شَيْءٍ خَادِمُكَ رَبِّ فَاحْفَظْنِي وَانْصُرْنِي وَارْحَمْنِي

Translation: *O my Lord, everything is Your servant. O my Lord, so protect me, help me and have mercy upon me!*

(100 Times Daily)

His Holiness said that these days when Satan is trying to attack our Community and the world at large, the only way for us to remain safeguarded is through prayers. Hence, we should recite these prayers, not just during the days of Jalsa but throughout the year.

(Friday Sermon of August 23, 2024)

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Photo by AmirHadi Manavi on Unsplash.com

يٰٓاَيُّهَا الَّذِيْنَ اٰمَنُوْٓا اَنْفِقُوْا مِمَّا رَزَقْنٰكُمْ مِّنْ قَبْلِ اَنْ يَّاْتِيَ يَوْمٌ لَّا بَيْعٌ فِيْهِ وَلَا خُلَّةٌ وَّلَا شَفَاعَةٌ ۭ وَالْكٰفِرُوْنَ هُمُ الظّٰلِمُوْنَ ۝۲۵۵

Translation

O ye who believe! spend out of what We have bestowed on you before the day comes wherein there shall be no buying and selling, nor friendship, nor intercession; and it is those who disbelieve that do wrong to themselves.

(Al-Baqarah:255)

Short Commentary

The words, wherein there shall be no buying and selling, do not mean that there will be no trade and commerce on the Day of Judgement, but that on that great day nobody will be able to buy salvation, which will depend only on one's good works coupled with God's grace. The only buying or selling that will be of avail to men on the Day of Judgement will be that which they shall have made in their present life (9:111).

The words, nor friendship, signify that there will be no occasion for forming new friendships on that day. Those, however, who will have taken God as their friend in their life on this earth will certainly benefit by that friendship. It is to this fact that the Quran refers when it says: Friends on that day shall be foes to one another, except the God-fearing (43:68). The righteous have God as their friend, and He will continue to be their friend on the Day of Judgement!

Hadith

Photo by Alim on Unsplash.com

عَنْ اَبِي هُرَيْرَةَ رضی اللہ عنہ اَنَّ رَسُولَ اللّٰهِ ﷺ قَالَ: مَنْ دَعَا اِلَى هُدًى كَانَ لَهُ مِنَ الْأَجْرِ مِثْلُ اُجُورِ مَنْ تَبِعَهُ، لَا يَنْقُصُ ذَلِكَ مِنْ اُجُورِهِمْ شَيْئًا، وَمَنْ دَعَا اِلَى ضَلَالَةٍ كَانَ عَلَيْهِ مِنَ الْاِثْمِ مِثْلُ آثَامِ مَنْ تَبِعَهُ، لَا يَنْقُصُ ذَلِكَ مِنْ آثَامِهِمْ شَيْئًا.

(مسلم كتاب العلم باب من سن حسنة او سيئة)

Translation

Abu Hurairah, God be pleased with him, narrates that theHoly Prophet, peace and blessings of Allah be upon him, said: 'A person who invites people to the truth gets a reward equal to the reward of all those who accept the truth (at his invitation),while nothing will be subtracted from their rewards. Likewise, a person who entices others to sin carries the burden of all the sins committed at his inducement, while nothing will be subtracte from the punishment of those who commit the sins." (Muslim)

Picture Source: https://www.instagram.com/mtacanada/

Objectives, Purpose & Blessings of Jalsa Salana:

"The primary purpose of this Convention is to enable every sincere individual to personally experience religious benefits; they may enhance their knowledge and – due to their being blessed and enabled by Allah, The Exalted – their perception [of Allah] may progress. Among its secondary benefits is that this congregational meeting together will promote mutual introduction among all brothers, and it will strengthen the fraternal ties within this Community."

(Ishtihar 7 Dec. 1892, Majmoo`ah Ishtiharat Vol. I, Page 340).

"It is essential for all those who can afford to undertake the journey, that they must come to attend this Convention which embodies many blessed objectives. They should disregard minor inconveniences in the cause of Allah and His prophet (peace be upon him.). Allah yields reward to the sincere persons at every step of their way, and no labour and hardship, undertaken in His way, ever goes to waste. I re-emphasize that you must not rank this convention in the same league as other, ordinary, human assemblies. This is a phenomenon that is based purely on the Divine Help, for propagation of Islam."

(Ishtihar 7 Dec. 1892, Majmoo`ah Ishtiharat Vol. I, Page 341)

"I conclude with the prayer that everyone who travels for [attending] this Convention that is for the sake of Allah: May Allah, the Exalted, be with him, reward him in abundant measure, have mercy on him, ease up for him his circumstances of hardship and anxiety and eliminate his anguish and grief. May He grant him freedom from every single hardship and lay open for him the ways of [achieving] his cherished goals, and raise him up, on the day of Judgment, among those of His servants who are the recipients of His blessings and Mercy. May He be their Guardian in their absence until after their journey comes to an end. O Allah! O Sublime One and Bestower of bounties, the Ever Merciful and One Who Resolves all problems, do grant all these prayers, and grant us Victory over our opponents with scintillating signs, because You alone have all the prowess and power. Aameen! Aameen!!"

(Ishtihar 7 Dec. 1892, Majmoo`ah Ishtiharat Vol. I, Page 342)

Picture Source: https://blog.brilliance.com/

Marriage, Family and Knowledge in Light of Islamic Teachings

(Masood Khan, Detroit, USA)

Your twenties are a transformative decade – a time of growth, exploration and decision-making that can shape the rest of your life. This period is crucial as it lays the foundation for your future and the choices you make now will determine your long-term success, happiness and fulfillment. Islam, with its timeless guidance, encourages us to prioritise building a life grounded in faith, family and the pursuit of knowledge. While society often emphasises material success, personal freedom, and delaying responsibilities, Islam provides a different, more fulfilling path. By focusing on three key areas – marriage, family and knowledge – you set yourself up for a life filled with purpose, love, and success.

1. Marriage as half of your faith

One of the most important decisions in your twenties is finding a spouse. In Islam, marriage is not just a social contract; it's a way to protect and strengthen your faith while fulfilling emotional and physical needs. The Prophet Muhammad (Peace be upon him) said, "When a man marries, he has fulfilled half of the religion […]" (Mishkat al-Masabih, Hadith 3096). This powerful hadith underlines how critical marriage is to our spiritual well-being, guiding us on the straight path and drawing us closer to Allah.

Marriage is a partnership rooted in love, mutual respect, and shared goals. When you marry young, you and your spouse grow together, supporting each other through challenges and building a life based on Islamic values. A good spouse not only brings emotional comfort but also serves as a spiritual companion, encouraging you to remain steadfast in your faith.

In a world filled with distractions, temptations, and harmful behaviors, marriage provides a protective framework, helping you focus on what truly matters: building a future that pleases Allah.

Many young people today delay marriage, opting to focus on career, financial success, or personal freedom. However, delaying marriage can expose you to spiritual dangers,

such as promiscuity, pornography, and harmful relationships that distract you from fulfilling your potential.

Islam teaches us that by getting married, we fulfill our natural desires in a permissible way, safeguarding our faith and focusing on long-term goals. The hadith that reminds us to marry a righteous woman further emphasises the importance of choosing a spouse who will support your spiritual journey. The Prophet Muhammad (Peace be upon him) said, "A woman is married for four things, i.e., her wealth, her family status, her beauty and her religion. So, you should marry the religious woman (otherwise) you will be a loser." (Sahih al-Bukhari, Hadith 5090)

The importance of marrying for the right reasons

In my own experience, getting married young allowed me to find a partner who believed in me long before I "made it" in life. By the time I was 31, I was married, had three children and struggled financially. Yet, through all the challenges, my wife stood by my side. Her belief in my potential and her vision for our family's future kept me grounded, even when times were tough.

Many young men think they should wait until they are financially stable before getting married. While financial stability is important, delaying marriage can make it harder to find someone who loves you for who you are, rather than what you have accomplished. When you marry young, you and your spouse build your life together from the ground up, forging a bond that is based on trust, loyalty, and mutual growth. As the Prophet Muhammad (Peace be upon him) said, "The best of you is the best to his wives, and I am the best of you to my wives […]" (Jami' at-Tirmidhi, Hadith 3895)

Why marrying young builds trust and character?

Marriage at a young age helps you and your spouse grow together as individuals and as a couple. You face hardships, celebrate victories, and shape each other's character. This shared journey strengthens the bond between you, creating a relationship built on trust, love, and mutual support. Together, you build not only a family but a partnership that will sustain you both for a lifetime.

If you wait until you've already achieved success, it can be more challenging to find someone who values you for who you truly are. When you marry young, you build everything together, which makes your relationship stronger and more genuine.

***Prophet Muhammad** (Peace be upon him)**and Hazrat Khadijah**(may Allah have mercy upon her)*

One of the most inspiring examples of a strong and successful marriage in Islam is the relationship between Prophet Muhammad (Peace be upon him) and his first wife, Hazrat Khadijah (May Allah have mercy upon her). She was a successful business woman, and when she married Prophet Muhammad (Peace be upon him), they formed a partnership based on mutual respect, love, and faith.

Throughout their marriage, She stood by Prophet Muhammad's (Peace be upon him) side, especially during the early years of his prophethood when they faced immense hardship. Their union exemplifies how a supportive marriage can empower individuals to stay focused on their higher purpose, despite challenges. Her unwavering faith in Prophet Muhammad's (Peace be upon him) mission demonstrates the importance of choosing a spouse who believes in you and supports you through adversity. Together, they navigated poverty, persecution, and personal sacrifice, making their marriage a model for a partnership that fosters both spiritual and worldly success.

2. Building a legacy through family

The second focus in your twenties should be on having children. Children are considered one of the greatest blessings in Islam. They provide a sense of purpose, joy, and responsibility. The Prophet Muhammad (Peace be upon him) encouraged Muslims to marry and have

children, as they strengthen the family unit and bring immense blessings.

Raising children while still in your twenties allows you to shape their character while you are also acquiring knowledge and life skills. As a parent, you set an example of perseverance, hard work, and faith, teaching your children the importance of personal and spiritual development. The hadith of the Prophet Muhammad (Peace be upon him) that speaks to the importance of leaving a legacy underscore this: "When a man dies all his good deeds come to an end except three: Ongoing charity (Sadaqah Jariyah), beneficial knowledge and a righteous son who prays for him." (Sahih Muslim, Hadith 3651)

Raising a family with purpose

When you have children early, you are not just building a family – you are creating a legacy. Your children become part of your life's mission, motivating you to work hard and stay focused. They give you a reason to set bigger goals and pursue them with passion. In my own life, having children early made me more determined to succeed, even when I faced financial hardship. My wife and I work together to instill good morals, character, and work ethic in our children, and this made our family unit stronger and more cohesive.

Having children early also means you have more energy and patience to raise them properly. Parenting requires dedication, wisdom, and perseverance. Starting early gives you more time to grow into the role of a parent and to build a deep bond with your children.

3. Acquiring knowledge and skills: The foundation for success

The third key area to focus on in your twenties is acquiring knowledge and skills. In Islam, seeking knowledge is a lifelong obligation, and the knowledge you gain in your twenties will serve you for the rest of your life. As the Prophet Muhammad (Peace be upon him) said, "Seeking knowledge is a duty upon every Muslim […]" (Sunan Ibn Majah, Hadith 224)

Your twenties might not be the time to chase money or material success, but rather the time to invest in yourself through education and personal development. Knowledge and skills are the foundation for both personal success and spiritual fulfillment. The more you learn, the more valuable you become in your career, your family and your community.

Education as a means of personal growth

While building your family, it is essential to focus on gaining an education and developing a strong character. By prioritising learning, you set an example for your children, showing them the importance of continuous self-improvement. Knowledge is not just about worldly success; it is also a means of drawing closer to Allah and preparing for the Hereafter.

Allah repeatedly emphasises the value of knowledge in the Holy Qur`an. It is stated in the Holy Qur`an, "Allah will raise those who believe from among you, and those to whom knowledge is given, to degrees of rank." (Surah al-Mujadalah, Ch.58: V.12). Knowledge, when used wisely, benefits both this world and the next, and it helps you become a better provider, spouse, and parent.

Conclusion: Setting the stage for a meaningful life

Your twenties are a crucial time for laying the foundation for a life filled with purpose, love, and success. By focusing on marriage, family, and knowledge, you align yourself with the teachings of Islam, creating a life that pleases God and benefits both this world and the Hereafter.

Life is about more than just chasing temporary pleasures or material success. It's about building a family, leaving behind a legacy of righteous children, and fulfilling your purpose in this world with the people who love and support you. Trust in God's plan for you, work hard, and know that with faith, a loving family, and a commitment to learning, you can overcome any challenge.

رَبَّنَا هَبْ لَنَا مِنْ اَزْوَاجِنَا وَذُرِّيّٰتِنَا قُرَّةَ اَعْيُنٍ وَّاجْعَلْنَا لِلْمُتَّقِيْنَ اِمَامًا ﴿۷۵﴾

‘Our Lord, grant us of our wives and children the delight of our eyes, and make us a model for the righteous.

اے ہمارے ربّ! ہمیں اپنے جیون ساتھیوں اور اپنی اولاد سے آنکھوں کی ٹھنڈک عطا کر اور ہمیں متقیوں کا امام بنا دے۔

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Why Cyber Security Matters for Everyone

Dr. Hameed A. Mirza

Picture Source: https://globalbanking.ac.uk/

Recently, in a WhatsApp group consisting of members from a local Jama`at, a message appeared from a well-known and active member. It claimed he was out of town, facing an emergency, and urgently needed financial help. The message was written so convincingly that many brothers believed it to be genuine. Some members even transferred the requested funds to the provided account.

Shortly after, the real member—whose name and account had been impersonated—posted an urgent clarification: his phone had been hacked, he was neither traveling nor in an emergency, and no money should be sent. Unfortunately, by that time, it was already too late for a few brothers who had sent funds.

You may have encountered similar scams—often a WhatsApp message from someone you know well, claiming to be traveling or in trouble and urgently requesting financial assistance, sometimes with a promise to repay within a day. In some cases, the scam may come as a phone call, with the caller pretending to represent a family member, friend, or relative, assuring prompt repayment.

The Holy Qur'an teaches us to be cautious when such a message come to us, thus in surah Al-Hujurat Allah says:

يٰٓاَيُّهَا الَّذِيْنَ اٰمَنُوْٓا اِنْ جَآءَكُمْ فَاسِقٌۢ بِنَبَاٍ فَتَبَيَّنُوْٓا اَنْ تُصِيْبُوْا قَوْمًاۢ بِجَهَالَةٍ فَتُصْبِحُوْا عَلٰى مَا فَعَلْتُمْ نٰدِمِيْنَ ۝٦

O ye who believe! if an unrighteous person brings you any news, ascertain the correctness of the report fully, lest you harm a people in ignorance, and then become repentant for what you have done. (49:7)

Similarly in Surah Al-Nisa Allah warn believers to avoid temptation and greed:

وَلَا تَتَمَنَّوْا مَا فَضَّلَ اللّٰهُ بِهٖ بَعْضَكُمْ عَلٰى بَعْضٍ ؕ لِلرِّجَالِ نَصِيْبٌ مِّمَّا اكْتَسَبُوْا ؕ وَلِلنِّسَآءِ نَصِيْبٌ مِّمَّا اكْتَسَبْنَ ؕ وَسْـَٔلُوا اللّٰهَ مِنْ فَضْلِهٖ ؕ اِنَّ اللّٰهَ كَانَ بِكُلِّ شَيْءٍ عَلِيْمًا ۝٣٣

And covet not that whereby Allah has made some of you excel others. Men shall have a share of that which they have earned, and women a share of that which they have earned. And ask Allah of His bounty. Surely, Allah has perfect knowledge of all things. (4:33)

Moreover, the Holy Prophet (Peace be upon him) said: "Whoever cheats us is not one of us." (Sahih Muslim)

This hadith is a clear condemnation of any form of trickery or fraud, whether in trade,

conversation, or online interactions.

Similarly, Hazrat Masih Mau'ud (Peace be upon him) wrote in *Barahin-e-Ahmadiyya* (Volume 5, Part 2, Ruhani Khazain, Vol. 7, p. 21)

"The acquisition of wealth by deceit, misrepresentation, and fraudulent schemes is forbidden in Islam. Such unjust gain is not only unlawful but leads to spiritual ruin and Divine displeasure. A true believer must strive to earn through honest and fair means, trusting God's providence, and shun all forms of deception and trickery."

By adhering to the guiding principles set forth in the Holy Qur'an, the Hadith, and the writings of Hazrat Masih Mau'ud (Peace be upon him), we can protect ourselves from falling victim to scams and help guide others away from practices that cause harm to innocent people. Upon reflection, it becomes clear that all such immoral gains are temporary and will ultimately be left behind in this world, carrying no lasting benefit.

In this digital age, unfortunately scams have become alarmingly common. Criminals infiltrate WhatsApp groups, e-mails and other social media accounts, steal contact lists, and then use social engineering to trick people into sending money or sharing sensitive information.

This brief article sheds light on the growing field of cyber security and provides tips on how to protect yourself from such scams.

When most people hear the term cyber security, they imagine hackers attacking large corporations or government agencies. In reality, ordinary individuals are equally—if not more—at risk, because personal information has become a valuable currency in today's digital world, as you learned in the above real story.

What is at risk and how can we protect ourselves from scams:

1. Personal Data Is a Prime Target

- Names, addresses, phone numbers, and especially financial details can be stolen and sold on the dark web.
- Criminals can use stolen identities to open bank accounts, apply for loans, or commit crimes in your name.

2. Financial Information

- Phishing scams, fake online stores, and malware can drain your bank account or max out your credit cards.
- Strong passwords, two-factor authentication, and cautious online behavior reduce the risk of losing money.

3. Social Media and Privacy

- Social media oversharing or hacked accounts can lead to blackmail, impersonation, or reputational damage.
- Even "harmless" data can be pieced together to scam you or your contacts.

4. Devices Protection from Takeover

- Malware can turn your phone or laptop into a "zombie" device used to attack others—without you even knowing.
- Updated software and antivirus protection help close these backdoors.

5. Growing Risks

- Public Wi-Fi in cafés or airports is often unsecure, making it easier for cybercriminals to intercept your data.
- Smart devices like security cameras or voice assistants can be hacked if not properly secured.

How to Protect Yourself

1. Verify before you act – If you receive a suspicious request, call the person directly on a trusted number to confirm the situation.
2. Be cautious with urgent money requests – Scammers often create a sense of urgency to push you into acting without thinking.
3. Secure your accounts – As mentioned

above, use strong, unique passwords and enable two-factor authentication on WhatsApp and other apps.

4. Limit personal details online – Avoid oversharing information on social media that scammers can use to make their story sound convincing.

5. Report suspicious messages – Use Whats App's "Report" feature and block the sender immediately.

6. Emails – Another common tool used by scammers. If you receive a suspicious message, always check the sender's address carefully. Never click on links in the email body unless you are certain the message is legitimate.

7. Online Stores and Organizations – Many fraudulent online stores and fake investment platforms operate under convincing branding, making it difficult to distinguish them from legitimate businesses. Always research thoroughly before making purchases or investments, and verify the authenticity of the website or company through trusted sources.

How to Spot a Fake Online Store or Investment Site

- Too-good-to-be-true prices – Unrealistically low prices or guaranteed returns are major red flags. Try to avoid such sites
- No physical address or contact number– Legitimate businesses provide verifiable contact information. In general, this is a major no go area.
- Poor website quality – Broken links, grammar mistakes, or low-resolution images suggest a scam.
- Unverified payment methods – Requests for payment via gift cards, cryptocurrency, or wire transfers.
- No secure connection – Look for https:// and a padlock symbol in the browser bar.
- Lack of customer reviews – Or reviews that seem fake, overly positive, and generic.
- Pressure to act quickly – Limited-time offers designed to rush your decision.

Always check the company's reputation through independent review sites and official consumer protection resources before buying or investing.

In conclusion, cyber security isn't just for tech experts—it's like locking your doors at home. You don't need to be paranoid, but you do need to be prepared. Small, consistent habits can protect your money, your identity, and your peace of mind. May Allah always keep all of us in His benign protection and save us from all fraudulent practices and losses. Ameen!

Oral Health Scientific Findings and Islamic Perspectives

(Zafir Ahmad, Ahmadiyya Archive & Research Centre)

Picture Source: https://www.dentevim.com/en

Modern medicine increasingly shows that the oral health far-reaching effects on the entire body. New research indicates that the bacteria, viruses and fungi in our mouth could help us live long and healthy lives. Interestingly, these scientific findings have parallels in Islamic teachings and practices, which have considered oral care an essential part of personal hygiene for centuries.

Approximately 700 different bacterial species live in our mouth, but only the right mixture benefits our health. Neglected dental hygiene can lead to harmful microbes proliferating and spreading throughout the body. Modern studies show alarming connections: people with gum disease have an increased risk of cancer and twice as many strokes as people with healthy gums.

The connection between oral health and serious illnesses is now well documented. Researchers have discovered that certain oral bacteria, for example Porphyromonas gingivalis, appear in the brains of people who died with Alzheimer's disease. These bacteria produce substances that are found in the hippocampus – a part of the brain that helps with memory. In mice, they tested what happens when teeth become diseased. They observed that the brain developed more inflammation, damaged cells and beta-amyloid plaques – these are typical characteristics of Alzheimer's.

Oral bacteria can also cause problems with the heart. They sometimes travel into the blood vessels and build a type of protective layer, which is like a thin blanket. This blanket keeps medications and the body's defences at bay. The bacteria then cause trouble by initiating inflammation. This inflammation causes bad cholesterol to deposit on the walls of blood vessels. This can make vessels hard and narrow, which is called "atherosclerosis".

Islamic tradition of oral care: Miswak

What modern science is only now discovering has been anchored in Islamic tradition for centuries. Prophet Muhammad (Peace be upon him) emphasised the importance of

oral care through regular use of the miswak, a natural tooth-cleaning stick made from twigs. Numerous traditions recommend the regular use of the miswak, especially before prayer.

Prophet Muhammad (Peace be upon him) said: "If it were not too burdensome for my community – or for the people – I would have commanded them to use the miswak before every prayer." (Sahih al-Bukhari, Kitab al-jumu'a, Bab Miswak yawm al-jumu'a, Hadith 887) This statement highlights the significance given to oral care in Islam.

Current scientific studies have shown that the miswak actually possesses antibacterial properties. It contains natural substances such as tannins and flavonoids that work against bacteria causing dental plaque. Some studies suggest that the miswak could be even more effective against certain oral bacteria than conventional toothbrushes.

In Islam, purity (tahara) is considered a fundamental aspect of faith. The ablution before prayer (wudu) also includes rinsing the mouth three times. This regular practice, performed several times daily, can help reduce the number of harmful bacteria in the mouth.

The Islamic tradition also contains recommendations for nutrition that can positively impact oral health. The moderate consumption of sweets and the emphasis on natural, unprocessed foods align with modern dental advice.

Current research on oral health confirms in remarkable ways what has long been practised in Islamic tradition. While scientists like Eric Reynolds at the University of Melbourne are working on vaccines against gum disease, we can simultaneously learn from traditional practices.

Research by Laura Weyrich from Pennsylvania State University shows that the oral microbiome of our ancestors drastically deteriorated after the transition from a hunter-gatherer society to an agricultural lifestyle about 8,000 years ago. With the increasing intake of carbohydrates, the composition of the oral flora changed in favour of bacteria causing caries.

These findings align with the Islamic recommendation for moderation in eating and avoiding excess. Prophet Muhammad (Peace be upon him) said:

"When the stomach is healthy, the veins transmit health, and when the stomach is ill, the veins transmit illness", which emphasises the importance of a balanced diet. (Mishkat al-Masabih, Kitab at-tibb wa ar-ruqa, Al-fasl ath-thalith, Hadith 4566)

Regular tooth brushing with fluoride toothpaste, the use of dental floss and interdental brushes may not exactly match traditional methods, but they fulfil the same purpose. The use of the miswak can be considered a complementary measure that offers both religious and health benefits. Some toothpastes today even contain extracts from the miswak tree, symbolising the convergence of tradition and modern science.

The scientific findings on the importance of oral health impressively confirm the wisdom of Islamic hygiene practices. While modern medicine is only now deciphering the complex relationships between oral microbiome and systemic diseases, Islamic tradition recognised the importance of oral care 1400 years ago.

In a time when many people delay visiting the dentist for as long as possible, we can gain valuable lessons for better oral health from both scientific findings and religious Islamic teachings. The Islamic emphasis on responsibility for one's own body and regular oral care as part of ritual purity perfectly complement the medical recommendations for a healthy oral microbiome.

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Tabligh Activity: Bradford West